

## ABSTRACT OF THE DISCLOSURE

Bandwidth efficiency is increased by tailoring the use of ARQ transmission techniques to those situations where the signal quality on the mobile terminal uplink channel is expected to be poor. The signal quality on a downlink channel may be examined prior to uplinking a message from a mobile terminal to a base station. In response to the examination indicating that the signal quality on the uplink channel is below a predetermined threshold, the mobile terminal assumes an ARQ transmission mode, but if the examination indicates that the signal quality is not below the threshold, the mobile terminal assumes an non-ARQ transmission mode. Advantageously, the message length may also be used to help determine whether the ARQ transmission mode should be used.